

IMMUNE SYSTEM A FORM OF DEFENCE AGAINST CORONAVIRUS

At the moment, our minds have to be flexible in order to meet the demands of the health authorities, and one of these demands concerns the strengthening of our immune system. Perhaps the first action is not to cause it anxiety, as everything we are living through is real, and it's not easy to avoid stress. However, as Patti Smith said in her song PEOPLE HAVE THE POWER, each of us has to be able to use it to strengthen our immune system, for example by doing something extraordinary even when it seems impossible to us.

Dr Jonathan Godbout observed a direct link between the immune system and prolonged stress, to the extent of triggering an inflammatory pathology caused by the immune system's response to external pressure. It is important to avoid this in order that we may remain strong when faced with the coronavirus. Everyone is born with a natural defence system against so-called invasive pathogens. This is what in medicine is known as an innate immune response which is automatically activated when cells detect that they have been infected, and send chemical signals to warn the body that they are being attacked. These cells are manufactured continuously by the bone marrow.

Responsibility for our immune system is relevant at the moment, while gain time to find an effective treatment for COVID 19. In our Amazon region of Brazil we have been able to demonstrate it through the principle of 'rastreadabilidad', which is simply a matter of techniques based on mental attitudes and natural therapeutics, in order to be able to maintain the defence capacity of our immune system against viruses, bacteria, parasites etc. It is true that there is no magic formula to increase the capacity of our immune system that is scientifically supported, but we have able to work with our patients on an immune normality based on reasonable physical activity (even when the space is very limited). For that, however, imagination comes into play . It is essential to use it to avoid stress as a predatory factor of the immune system. Also necessary is a basic diet rich in fruit, vegetables and lean proteins, low in sugars and fats. Water should be drunk, and care should be given to hygiene.

Researchers like Beutler, Hoffmann and Steinam demonstrated that our immune system works in different ways depending on the misuse of the above pillars. Perhaps the essential thing in order for us to get going on this immunological therapy is what Hildegard von Bingen said in the twelfth century : the cure will be difficult unless we come to terms with our bad habits. In this isolation in which we live, we have a duty to help our immune system not to be fatigued by stress or a bad habit, so that it can be strengthened not only physically but also mentally, on the basis of hope, for even though we cannot examine the latter under the microscope, we do know that we can use it as personal therapy in the face of this pandemic.

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